



DAVIS COUNTY HEALTH DEPARTMENT

Mailing Address:
PO Box 618
Farmington, Utah 84025

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News Release

Contact:
Bob Ballew
Public Information Officer
Office: (801) 525-5175
Cell: (801) 510-5710

Administration

Lewis R. Garrett, M.P.H.
Director of Health
22 South State Street
Clearfield, UT 84015

Environmental Health Services Division

David W. Spence,
M.B.A., E.H.S.
Associate Director
22 South State Street
Clearfield, UT 84015

Family Health & Senior Services Division

Sally Kershnik,
R.N., M.P.A.
Associate Director
22 South State Street
Clearfield, UT 84015

Communicable Disease & Epidemiology Division

Brian E. Hatch,
M.P.H., E.H.S.
Associate Director
22 South State Street
Clearfield, UT 84015

Davis County WIC Celebrates World Breastfeeding Month

(Clearfield, Utah) – Davis County WIC (Women, Infant and Children) Program is celebrating World Breastfeeding Month during August in partnership with the Davis County Breastfeeding Coalition.

WIC and the coalition are sponsoring the *Mother's Corner* at the Davis County Fair, Aug. 17-20. *Mother's Corner* provides a somewhat private place for all mothers to come feed their babies, bottle or breastfeed. There will be refreshments, coloring and a movie for kids, a diaper changing area and all kinds of community resources for parents.

Davis County WIC is the lead agency of the Davis County Breastfeeding Coalition. The two organizations have been working together for about a year. "The purpose of this coalition is to bring together community organizations and individuals to promote, protect, and support breastfeeding in Davis County," said Teresa Smith, Davis County Health Department's WIC Outreach community health educator and Coalition coordinator.

"Breastfeeding is the normal, natural and complete way to feed a baby. We hope to help parents feel the support of the community and others around them through events like the *Mother's Corner* at the Fair," she said.

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Many new parents choose breastfeeding to give their babies the healthiest possible start in life. Breastfeeding experts recommend exclusive breastfeeding (nothing but breastmilk) for six months, and continued breastfeeding once solid foods begin, until the baby is at least a year or two years old.

“Although Utah has higher breastfeeding rates than many other states, we still could improve,” said Lewis Garrett, director of the county health department. “Many Utahns begin breastfeeding but don’t continue for the full year or don’t exclusively breastfeed for 6 months or even 3 months.” There is nothing like breastfeeding to help babies grow to their best potential and to help mothers stay healthy, he said.

Other activities conducted throughout August in the WIC clinics and coalition agencies include prize drawings, dissemination of breastfeeding aides, poster displays, and distribution of the international breastfeeding symbol window clings to breastfeeding-friendly facilities.

For more information or to become a member of the Breastfeeding Coalition, please contact Teresa Smith at 801-525-5013.

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